

TABLETALK

FEBRUARY, 2017 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000

BIG CHANGES ARE COMING

The CACFP Meal Pattern is changing as of October 1, 2017! Under the updated CACFP Nutrition Standards, meals and snacks served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. USDA is allowing TDA to start implementing a few specific allowable changes now so that we will all be ready when these changes take place.

Here are just a few that we can do now to start getting ready for the big change:

- 1.** Breastfeeding mothers can come to the childcare center or daycare home and directly breastfeed her child on-site, and these meals may be claimed for reimbursement. Children over one-year-old that are still being breastfed may be claimed for reimbursement.
For daycare centers:
On the Meal Production Record, note **BF** (*breastfed*) and no quantities will be needed.
- 2.** After 6 months of age, solid foods must be served to infants who are developmentally ready. Yogurt (*it must contain no more than 23 grams of sugar per 6 ounces of yogurt*), whole eggs, and ready to eat cereals **ONLY AT SNACK** (*must contain no more than 6 grams of sugar per dry ounce*) are allowable under the infant meal pattern.
- 3.** Ready to eat cereals (*must contain no more than 6 grams of sugar per dry ounce*) may be claimed for reimbursement for all children one year and older. Any ready to eat cereal with **OVER 6 grams of sugar per dry ounce WILL NOT** be reimbursable.
- 4.** Children under two-years-old can only have **WHOLE MILK** for a claim to be reimbursable. Children over two-years-old can only have 1% or skin milk for a claim to be reimbursable.
2% MILK WILL NO LONGER BE REIMBURSABLE for any age!
- 5.** For lunch and dinner, children 1 year and older must have 1 fruit and 1 vegetable, or 2 different vegetables. They can no longer have 2 different fruits.
- 6.** At least one serving per day must be whole grain-rich.

MANDATORY CLASSES

In order to continue participating in the CACFP, all daycare home providers and key personnel that we've identified in the daycare centers **must** attend this training. We will have 3 classes in the Dallas/Fort Worth area, and 3 classes in the Greater Houston area. These classes will be on Saturdays. They will include **Civil Rights, CACFP Rules and Regulations**, and the **Meal Pattern Changes** from USDA. Please continue to follow our newsletters and website for the schedule.